

# July 2024 Jackson County Senior Center

## ONGOING ACTIVITIES

Updated: 6/14/2024

Monday	Tuesday	Wednesday	Thursday	Friday
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Registration for Class Lotteries 9am-5pm: July 1 (August classes) & July 30, 31 (September classes)

1 10AM-12PM Recipe Scrapping Rm125  T- Shirt Fundraiser Begins	2	3 ^\$10AM Greeting Cards w/Toni Rm125  ^*10:30AM Pantry Power Program Rm135	4 <b>CLOSED HOLIDAY</b>  	5 10AM Book Club Rm129  11:30AM Summer Bash Senior Café
8	9  ^10AM Ladies Tea Rm135  <b>NO Nurse Assisted Blood Pressure Checks</b>	10  ^*10:30AM Pantry Power Program Rm135	11 10AM Nutrition Information Senior Café  ^\$10:30AM Lake Junaluska Boat Trip & Lunch  3PM Parkinson's Support Group Rm135	12  10AM Clip & Snip Paper Crafters Rm125  10AM Leader/ Instructor Meeting Board Rm
15  ^10:30AM VAYA Caregiver Education ( <i>topic in legend below</i> ) Heritage Rm	16 <b>No Spin Cycle</b>  ^*9:30AM Tai Chi for Arthritis & Fall Prevention Series Begins Rm134	17  <b>No Spin Cycle</b>  ^*10:30AM Pantry Power Program Rm135	18  ^\$10AM Greeting Cards w/Toni Rm125  ^1-2:30PM BINGO Rm135	19  <b>No Spin Cycle</b>  ^11:30AM Monthly Birthday Senior Café
22  ^\$9:30-3:30PM Basket Class Rm125  <b>NO Pilates</b>	23  <b>No Spin Cycle</b>	24  <b>No Spin Cycle</b>  ^*10:30AM Pantry Power Program Rm135	25	26  <b>No Spin Cycle</b>  10AM Clip & Snip Paper Crafters Rm125
29  <b>NO Pilates</b>	30	31		

**Monday:**  
9:00 Men's Coffee Rm135  
10:00 Mahjong Rm129  
11:00 Stretch & Strengthen  
Rm134 and virtual  
11:15 Parkinson's Voice  
Heritage Rm  
12:00 Hand & Foot Rm129  
12:45 Pilates Rm134  
2:30 Healing Yoga Rm134

**Tuesday:**  
9:30 Spin Cycle outside  
9:30 ^\*Tai Chi Rm134  
10:00 Writing Group Rm129  
10:30 Line Dancing Rm134  
12:30 Bridge Group Rm135  
1:00 AFEP Rm134

**Wednesday:**  
9:00 Carolina Quilters  
Rm125  
9:30 Spin Cycle outside  
10:00 Goldenaires Rm122  
11:00 Stretch & Strengthen  
Rm134 and virtual  
12:00 Hand & Foot Rm129  
1:00 Virtual Zumba Gold

**Thursday:**  
9:30 ^\*Tai Chi Rm134  
1:00 AFEP Rm134  
2:30 Healing Yoga Rm134

**Friday:**  
9:30 Spin Cycle outside  
9:30 Basic Line Dancing  
Rm134  
10:30 Line Dancing Rm134  
12:00 Dominoes Rm129  
12:00 Hand & Foot Rm129  
12:30 Zumba Gold Rm134  
1:30 Tempo Toning Rm134

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Please visit [MyActiveCenter.com](http://MyActiveCenter.com) or call the front desk at (828) 586-5494 to register. If no one registers for activity, it will be canceled. *This calendar is subject to change.*  
Please visit [MyActiveCenter.com](http://MyActiveCenter.com) for the most current calendar.

**Department on Aging • 100 County Services Park, Sylva NC 28779**  
**A Senior Center serving participants ages 50 or better!**  
**Monday-Friday 8am-5pm**

<b>Legend</b> ^= pre-registration required for attendance!!! \$=Prepaid fee required AFEP=Arthritis Foundation Exercise Program	*=Series (may be full-see Ongoing Activities) FCFS=First Come, First Served <b>VAYA Caregiver Education TOPIC:</b> Anxiety: Managing Nervous Energy
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**DROP IN  
ACTIVITIES  
(FCFS)**

Billiards, Chess, Coffee, Computer Lab, Fit Lab, Games, Library, Music, Craft Room, Puzzles, Self-Check Blood Pressure, Spin Cycle, Table Tennis, Walking